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### The NEBLINE, February 1990

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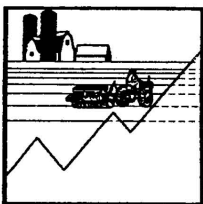
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**February 1990**

Vol.III, No. 2

# The NEBLINE®

University of Nebraska Cooperative Extension  
**Lancaster County**

Office 471-7180  
NEBLINE RBBS 471-7149  
Home Economics Message 471-7148  
Horticulture Message 471-7179

**Office Hours: 8 a.m. to 4:30 p.m.  
Monday - Friday**

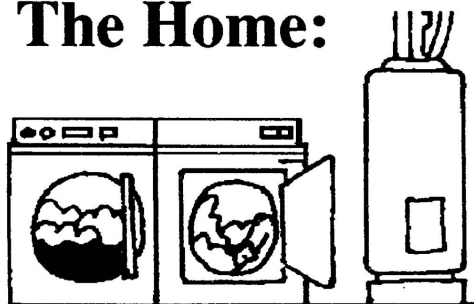
**Notice!!!**  
All programs and events listed in this newsletter will be held at the Nebraska Cooperative Extension in Lancaster County unless otherwise noted.

**444 Cherrycreek Road  
Lincoln, NE 68528**

## Water Problems In The Home: *How To Deal With Them*

Are you concerned about the safety of your drinking water? Do you have laundry problems which you suspect are caused by iron or other minerals in the water? Are you considering investing in a water-treatment system for your home?

If you answer "yes" to any of these questions, or if you have other concerns about water, please plan to attend the program on Water Problems In The Home, on Monday, March 19, 7 to 9 p.m. Ann Dellenbarger, extension housing specialist, will be the featured speaker. The program will include



suggestions for immediate and long term solutions related to laundry, drinking water, and general water usage in the home.

There is no registration fee for this informative program and anyone concerned or interested in water problems is urged to attend.

## Evaluate Landscaping Now for Changes This Spring

It's too early to even think of planting, but there's an important thing you can do for your home landscaping right now: take a good, critical look at it.

Look at where the snow has drifted. Would adding some shrubbery, or taking some out, or pruning and thinning what's already there help cause the snow to drop where you want it. and not on the walks or driveway? This can be particularly important and manageable in farmyards or large suburban lots.

cut the force of the wind and save heat. And for summer, you can plant trees that provide a high shade screen that reduces the need for air conditioning.

Bare branches can expose unsightly stubs of past bad pruning, rubbing branches or areas in need of pruning or reshaping.

Make a list of pruning and thinning jobs for when the appropriate time arrives. You can cut off diseased sections and destroy insect egg masses or cocoons at the same time.

It's best to make a list, some sketches or maps, because once the leaves are out, it's hard to remember exactly where the big snowdrift was or how much of the had view you could see. But it's the kind of "winter gardening" that can pay off in year-round satisfaction.

What do you see from your windows, and what do your guests see as they turn into your drive or come up your walk? You can frame the most attractive views. Even where snow is not a problem, evergreens can screen unattractive areas.

For fuel economy, you can use plantings to

## Urban Wildlife Management Workshop

An informational meeting concerning management of urban wildlife will be held on February 5, beginning at 7:00 p.m. Speakers will include Ron Johnson, extension wildlife specialist, Scott Hygnstrom, extension vertebrate pest specialist, Carl Wolfe, Game & Parks Commission, Kirk Gustad, Animal Damage

Control, and Ann Kelley, National Wildlife Federation.

The purpose of this meeting is to show wildlife needs and help you understand them. This information may then be used to enhance wildlife in backyards or may be used for wildlife damage control. Species to be dis-

cussed will include moles, pocket gophers, ground squirrels, woodpeckers, skunks, raccoons, starlings, bats, etc. Please call 471-7180 to preregister. The workshop is free.

## Alternatives For Agriculture Day

"Resource Efficient Alternatives For Agriculture in the 90's" will be the theme for two one-day workshops, March 2 and 9, 1990 in Lincoln and Omaha. Alternative choices for hybrid varieties, pest management, fertilizer applications and tillage methods will be the major topics.

Alternatives available to agriculture will be discussed in relation to our changing resources, regulations, and environmental impact. Conservation and protection of our soil and water resources through efficient resource management will be covered by speakers and farmer panel members.

Discussion between workshop participants and speaker panels will be encouraged.

The March 2, 1990 workshop will be conducted at the Cooperative Extension Office in Lincoln. An identical program will be conducted March 9, 1990 at the

Cooperative County Extension Office in Omaha. Registration will start at 9:00 a.m. with the conference beginning at 9:30 a.m. at each location. A registration fee of \$8.00 will include lunch and the workshop proceedings. Advance registration is encouraged.

## 4-H Family Camp

Family Adventure Camp is scheduled for Sunday, April 1, at the Eastern Nebraska 4-H Center. Your family can enjoy the beautiful outdoors by taking part in the program provided or hiking and touring the camp site. The activities begin at 1:30 p.m. and end with a chicken supper at 5:30 p.m. Cost is \$4 for adults and \$2 for youth 4-11 years of age. Contact the extension office for registration forms and additional information.

## Teen Council

An exciting meeting will be held Sunday, February 11, at 2:30 p.m. A "Look Alike" afternoon is planned. Everyone is asked to come dressed like your favorite character (actor, actress, cartoon, hero, etc.). Prizes will be awarded to the best portrayal. A program on citizenship and flag etiquette will be presented. All 4-H youth 12 and older are invited to attend. Refreshments will be served.



**Teen Council Officers**(left to right): Mike Schepers, president; Lana Steinhausen, secretary; Christy Carver, Treasurer; Kista Pritchett, Social Committee Coordinator; and Damion Schepers, vice president.

## UNL Collegiate 4-H Host Weekend

The UNL Collegiate 4-H Club is sponsoring the annual "Host Weekend" for high school juniors and seniors, Friday through Sunday, February 23 - 25, 1990. Students throughout Nebraska will live in dorms, fraternities, sororities and apartments plus receive a hands-on overview of college life. Participants may visit with professors, attend classes, explore housing possibilities, learn about financial aid procedures, plus much more. The cost is \$25. Applications are available at the extension office and due two weeks before the event. Reservations will be taken on a first come first serve basis.

## Microwave Classes Dates Changed

The microwave classes, originally scheduled for February 21 and 28, will be held on Thursdays, March 1 and 8, at 1 p.m. and repeated at 7 p.m. New microwave owners or people who use their ovens mainly for reheating are especially encouraged to come and learn to use their ovens for many functions. The class will be helpful for those who cook for 1 or 2 persons as well as those who prepare meals for larger families.

The four hours of instruction will include basic principles of microwave cooking, preparation of meats and poultry, quick meal ideas, casseroles and microwave baking. Suggestions for cutting fat and salt content of foods will be shared. Foods prepared during the class time will be available for sampling. Lots of new recipes will be included in the handouts for class members.

Class participants having

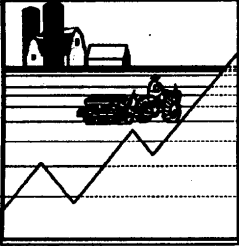
questions specific to their brand of oven are asked to bring the Care and Use Instructions which came with their oven. Men, women and children are welcome to attend.

Please preregister before Thursday, February 22, by phoning the extension office, 471-7180. Registration fee of \$5 for four hours of instruction or \$3 for just one 2 hour session is payable at the door.



**University of Nebraska  
Cooperative Extension  
in Lancaster County  
444 Cherrycreek Road  
Lincoln, Nebraska 68528**

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### Ag Update

Agricultural News  
& Events

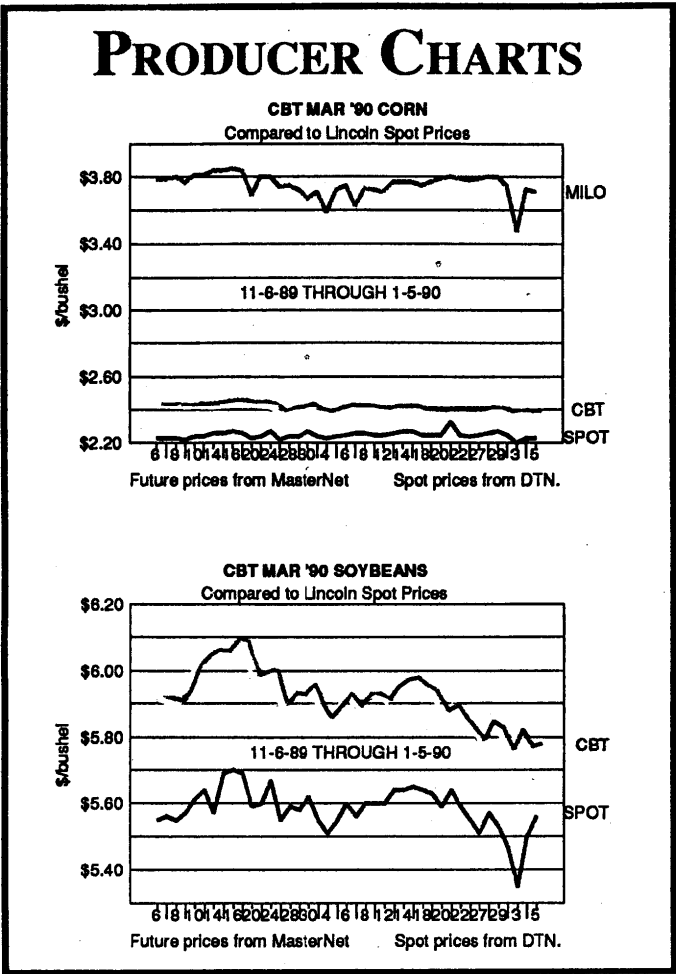
Don D. Miller, Ext. Agent, Chair  
Warder Shires, Ext. Agent, Ag  
David Varner, Ext. Agent, Ag



# Crop Focus '90

The annual area Crop Focus meeting which addresses production practices which are profitable and environmentally sound will take place on February 6, at the VFW Hall in Ashland. The maximum registration fee will be \$8.00. The fee includes registration, materials, lunch, and refreshments. Local financial support may lower this fee. The meeting agenda is as follows:

- 9:00 Registration
- 9:30 What if "No Fertilizer or Pesticide"/LISA - Dick Wiese
- 10:00 How Fertilizer and Pesticides Reach Groundwater - Bob Stougaard
- 10:30 Break
- 11:00 Pesticides in Surface Waters: Wahoo Creek and Tributaries - Bob Stougaard
- 11:30 Economics of Sampling for Nitrogen/N Plots - Ed Penas
- 12:00 Lunch
- 1:00 Crop Decisions: Hybrids and Varieties vs. Soil Moisture, Population, Tillage, Soils - Roger Elmore
- 1:30 Calibration of Ammonia and Chemical Application Equipment - Bobby Grisso
- 2:00 Break
- 2:30 Update on Starter Fertilizer Study - Ed Penas
- 3:00 1990 Farm Bill/Ag Policy - Roy Frederick
- 3:30 Adjourn

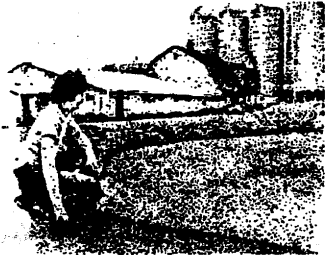


## Conservation Tillage Area Meetings

Conservation tillage systems which leave at least a 30 percent residue cover after planting comprise a major portion of the plans developed and approved in response to the conservation compliance requirements of the 1985 Food Security Act. These plans are to be fully implemented by 1995. The purpose of these area conservation tillage meetings is to provide practical information for the implementation and management of no-till, ridge-till and other conservation tillage systems being adopted to help reduce soil erosion.

These area meetings are currently scheduled for the Lancaster County area:

February 20	Firth	a.m.	Community Center
February 20	Gretna	p.m.	Legion Hall
February 21	Syracuse	p.m.	First National Bank & Trust
February 22	Ceresco	a.m.	Village Hall
February 23	Wilber	all day	Sokol Hall
March 2	Beaver Crossing	p.m.	Grange Hall



The maximum registration fee for these workshops should be \$12 (\$6 for the 1/2 day meetings). The fee includes registration, proceedings and refreshments. Local financial support may lower the fee at some meetings. Plan to attend one of these meetings!



- Record Keeping/Taxes/Estate Planning
- Financial Tools/Marketing
- Farm & Machinery Leasing/Implications of '90 Farm Bill

A series of farm management workshops will be offered at the Ceresco Community Hall and the Papio NRD beginning in February. Workshops will be held for three consecutive Thursdays from 1 to 4 p.m. A description of the sessions is given below. Cost of each workshop session is \$5 or \$10 for all three sessions. Please call the extension office at 471-7180 to preregister. Please preregister at least one week before first workshop.

**Workshop A**  
Dr. Gary Bredensteiner, UNL farm management specialist, will discuss various record keeping options and provide some insights into the preparation of tax information. At this same session, Attorney Larry Dwyer will talk about estate planning.

**Workshop B**  
Monte Rohomr, a York county farmer, will share his successful methods of using financial statements, especially cash flows in developing a sound marketing plan.

**Workshop C**  
Dr. Dave Aiken, UNL agricultural law specialist, or Vernon Waldren, extension agent, will discuss farm leases including land and machinery leases. Roy Frederick, UNL agricultural economist, or Roger Selley, UNL agricultural economist, will speak about the implications of the 1990 Farm Program.

### Farm Management Schedule

<b>Ceresco</b>	
February 8,	Record Keeping/Taxes/Estate Planning
February 15,	Financial Tools/Marketing
February 22,	Farm Leases/Implications of '90 Farm Bill (Dr. Dave Aiken & Roger Selley)
<b>Papio NRD</b>	
February 15,	Record Keeping/Taxes/Estate Planning
February 22,	Farm Leases/Implications of '90 Farm Bill (Vernon Waldren & Roy Frederick)
March 1,	Financial Tools/Marketing

## Chart a Course for Your Retirement Goals It's more important than ever!

"Here we are, living in Southern California. We've a little house just a few minutes walk from the beach, with flowers and sunshine all year. For, you see I've retired. We're getting a check for \$200 a month that will keep us financially independent as long as we live."

This excerpt was taken from a magazine dated in the 1950's. The couple quoted had just retired and thought they were financially secure for the years to come. What will you need for resources to feel secure in the next century?

You are invited to a free seminar, designed to give you thought-provoking ideas regarding ways to increase your assets for retirement, education, liquidity, and other goals. The seminar will take place at the extension office on February 12, beginning at 7:30 p.m. There is no fee for the seminar, but preregistration is requested by

calling 471-7180.

### These subjects will be highlighted:

- Erosion of saving from inflation and taxes
- Accumulating for retirement
- Why your savings should be earning 7 - 9% Tax-Free
- What one percent in earnings can mean
- Proper financial planning
- Mutual funds
- Saving for college costs
- Insurance costs
- How the recent market gyrations provide opportunities

According to the National Council on Aging, 75% of those who retired in 1985 had less than \$10,000 in liquid assets (cash). There are simple and secure investments

(continued on page 6)

## Dairy Producers Workshop

An informational meeting for area dairy producers will be held Friday, February 9, from 11:00 a.m. to 3:00 p.m., at the extension meeting room. Registration, rolls and coffee will start at 10:30 a.m. There will be no fee for the workshop. Orders will be taken from those wishing to purchase lunch at the meeting. The program will begin at 11:00 a.m. with Extension Agent Warder Shires briefing on studies conducted to determine the value of shredded newspaper for dairy animal bedding. A thirty minute lunch break will start at 12 noon. Beginning at 12:30 p.m., Extension Dairy Specialist Jeff Keown will provide an update in Management Practices for Dairy Producers. Topics may include feed rations, artificial breeding, and open discussions. The annual meeting of the Cornhusker DHIA will be held between 2:30 and 3:00 p.m. with John Krueger of Roca presiding.

## Futures & Options Seminars

The Chicago Mercantile Exchange has scheduled the following Futures & Options Seminars for 1990. These seminars are very helpful and well worth the time to attend. Coffee & rolls are served at 8:45 a.m. and the seminar begins at 9:00 a.m. and concludes at 3:00 p.m. To receive further information or reserve a spot, call 1-800-331-3332.

**1990 Live Hog Seminars**  
Jan. 16 Des Moines, IA  
Jan. 18 Springfield, IL

**1990 Live Cattle Seminars**  
Feb. 20 Scott City, KS  
Feb. 22 Las Animas, CO  
Mar. 01 Kearney, NE  
Mar. 15 Sterling, CO  
Mar. 20 Fort Dodge, IA

## Nebraska Swine Feed Mixing Workshops

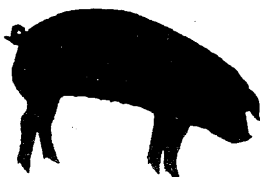
### Featuring Cost-Effective Feeding Program Strategies

A swine feed mixing workshop will take place on February 27, in Fremont from 9:00 a.m. to 3:30 p.m. It will be held at Christensen Field.

Feed is the largest single item among the costs of producing pork. On the average it accounts for 60% of all costs and represents about 80% of the cash costs. Thus, it is important that pork producers provide high quality, cost-effective diets to their pigs every day.

The feed mixing workshops

are designed to help pork producers who mix feed on the farm become more competitive by mixing better quality feed and controlling feed costs. Allied industry personnel will benefit also from attending the workshops.



The registration fee is \$15 per person. It includes a packet of information re-

lated to the topics discussed. Meals are not included. A person who preregisters 14 days prior to the meeting will also receive a free crude protein analysis on one feed sample. The feed can also be analyzed for calcium and phosphorus for an additional charge. The results of the analysis will be made available before the workshop so questions regarding the results can be answered at the workshop. Producers submitting samples should bring feed tags, the amount of each ingredient in the mix

and the cost of each ingredient to the workshop. Details for submitting a feed sample are available upon request.

For more information, contact either Duane Reese at (402) 472-6425 or the extension office.

*For more  
agricultural  
news, turn to  
page 6*



## 4-H Events:

# Clean A Mile - 1990 Glad Bag-A-Thon

April is Keep America Beautiful Month. Because of last year's overwhelming success and participation, Lincoln-Lancaster Clean Community System has once again been asked to participate in the GLAD Bag-A-Thon. The CCS will be making preparations for the Bag-A-Thon and are needing volunteers from youth groups and civic organizations to participate in rural and urban cleanups throughout the month.

Over 5,000 volunteers participated in last year's Bag-A-Thon picking up over 227 tons of litter of which 46.4 tons were recycled. The First Brands Corporation, maker of GLAD Wraps and Bags, will provide 12,000 bags to participants.

The Bag-A-Thon Kickoff will be held at Wilderness Park on March 31, 1990 with a rain date set for April 7, 1990. Interested volunteers should contact the CCS office at 2200 St. Mary's Avenue, Lincoln, NE 68502 or call 471-8023 for more information.



## 4-H Computers

Interested in computers? Do you enjoy computer graphics, computer programming, or exploring new computer software and equipment? Four-H computer projects include all of these and more. If you want to find out more about 4-H computer projects come to the next monthly meeting on Monday, February 12, beginning at 7:15 p.m.

### Speech Workshop CORRECTION

The speech workshop will be held on Tuesday, February 13 at 7 p.m. The date was incorrect in the January Nebline.

## 4-H Animal News

# 4-H & FFA Market Beef Weigh-in

The 4-H and FFA market beef weighing and tagging day is set for Saturday, February 17 from 9 a.m. to 12 noon at the fairgrounds. Market beef can be weighed by appointment only on Friday afternoon, February 16. If you need to weigh cattle on Friday call Kevin at the extension office.

All 4-H and FFA market cattle must be weighed and tagged at this county weigh day. Please let your club leader know how many calves you will be weighing.

The Beef VIPS Committee will be setting up the scale and chute on Friday, February 16. If you are willing to help with the set up or have questions about weighing procedures, call Kevin.



The staff of the University of Nebraska Cooperative Extension in Lancaster County wishes Extension Assistant, Patricia Wolfe (right) good luck "raising the pack" and welcomes Extension Assistant, Kerensa C. Darnell (left) to our staff. Darnell started working on the 4-H staff in mid-January.

## Party Pointers

Planning a party can be mind boggling. Learn party planning ideas during the Party Pointers workshop Saturday, March 3rd from 10 a.m. to 3 p.m.. Participants will learn ways to make parties fun and be economical too with "hands on" activities. Topics will include table decorations, invitations, menu and serving ideas, gifts to make, and gift wrapping suggestions. The \$3 registration fee will cover lunch and supplies. Call the extension office to register. If you have questions, contact Lorene or Twyla.

Clubs wanting to clean in their own area(s) may do so on this date or any time during April. These activities are good community service projects. Remember to recycle cans and bottles when you're cleaning up your neighbor-

## Mini-Grant Funds Available

Lincoln-Lancaster Clean Community System (CCS) has \$50 mini-grant awards available for clubs that complete an environmental project. These projects must include cleanup, recycling and community enhancement.

Because of last year's successful grant program, we are looking forward to an even greater year for 1990. Keep America Beautiful Month in April will be the main focus of the activities, but projects can be done anytime between March and August.

For grant guidelines and application form, contact Clean Community System at 2200 St. Mary's Avenue, Lincoln, Nebraska 68502, 471-8023.

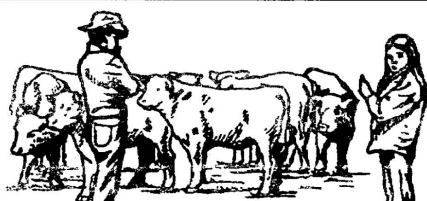
## 4-H Officer Training

Do you need help to make your job as a club officer easier? If so, plan to attend 4-H officer training, Saturday, February 10, 1990, at 9:30 a.m. All officer duties will be covered as well as meeting ideas and recreation. All club members, parents and leaders are invited to attend.

## Kiwanis Karnival - March 31st

The 1990 Kiwanis Karnival is scheduled for Saturday, March 31st. All 4-H families are invited to attend. This event is sponsored by the Lincoln Center Kiwanis Club.

Families attend according to club names. Clubs L - Z will attend from 6 - 7:30 p.m. and clubs A - K will attend from 7:30 - 9 p.m. Twenty five carnival booths will be operated by 4-H clubs. If your club would like to have a booth call the extension office. Booth reservations will be taken on a first come first serve basis. Bingo will be available for adults. Any parent or leader interested in helping with the carnival planning should contact Lorene.



## Livestock Leader Update

All livestock club leaders and parents are invited to attend the update session scheduled for March 19, at 7:30 p.m. at the. Topics for discussion will be Teens as Resources, Deadlines, Entry and Identification Procedures, and Club Meeting Tools. The time spent discussing and sharing ideas with other leaders will be well worth your time.

### Livestock Booster Club Meeting February 5 at 7:30 p.m.

## 4-H Camp Counselor

If you are at least 14 years old and interested in helping at 4-H camp, now is the time to submit an application. Applications will be reviewed and those selected to be counselors will be notified by May 1. Those accepting the camp counselor role need to attend camp counselor training at the Eastern Nebraska 4-H Center, June 1-3.

## 4-H Leaderlines

## District 4-H Leader Training

Home economics and livestock subject matter will be the emphasis of the leader training Thursday, February 8, 9:45 a.m. to 3:15 p.m. and repeated from 6:45 to 9 p.m. Participants will have the choice of two workshops plus the general session. Workshop topics will include new projects such as child development, bucket calf, and market broilers, etc. Lunch during the day will be on your own. Also included will be opportunities to view audio visuals that are available for check out. State specialists will be presenting the workshops. There will be a \$2 registration fee. Registration forms and brochures are available at the extension office.

## 4-H Leader Orientation

New leader orientation - Part 1 will be Wednesday, February 7th, at 9:30 a.m. and 7 p.m. Organizational maintenance and the club meeting will be covered. Part 2 training will be Tuesday, February 27, at 7 p.m. This session will cover using project and junior leaders, parent involvement, awards and activities. Contact Lorene if you have questions.

## The Cloverline

### 4-H News and Events

Maureen Burson  
Extension Agent, 4-H  
Lorene Bartos  
Kevin Koch  
Patricia Wolfe  
Extension Assistants, 4-H



## 1990 Fair Changes & Additions

Watch the Cloverline section for further changes and additions.

**THE SITTER, THE TODDLER, THE INFANT** - Babysitting Kit - Exhibit may be box or bag suitable for what it contains but no larger than 12"x15"x10". Exhibit must include a description indication of the ages that the kit will be used with. It should include information on suitability for ages, skills the child will develop, reason for including, and what was purchased or hand made since items in the kit may be either. (Items that might be included are emergency numbers, items that the sitter needs for safety or emergency, notes or records, age appropriate toys, activity ideas, story books and games.)

**CLOTHING LEVEL I** - Simple top, Simple bottom - patch pockets will be accepted.

**CLOTHING LEVEL II** - Dress or Jumper/Blouse or Skirt/Blouse/Top (Vest optional for a third piece).

Jogging suit or jumpsuit or pants/shorts and blouse/top/shirt (Vest optional for a third piece).

Nightshirt or nightgown or pajamas or robe or caftan.

**FASHION FLAIR** - Active sportswear or pant outfit (vest optional for a third piece) or simple outdoor wear.

Dress or Jumper with blouse or skirt outfit (vest optional for a third piece) or simple non-tailored suit.

Sleepwear or loungewear or lingerie (full slip or half slip and camisole).

**BAKING IS FUN** - Super cookies - four on a small plate - use recipe in manual.

**MORE BAKING IS FUN** - White Bread (Sponge Method) - at least 3/4 of a standard size loaf from recipe in manual.

**Coolrise Yeast Rolls** - 4 baked plain yeast rolls, not sweet rolls, use recipe in manual.

**Quick One Egg Cake** - At least 3/4 of cake made from the recipe in the manual.

**ADVENTURES WITH DINNERS** - Baked Yeast Specialty Breads - The entry may be sweet rolls, such as cinnamon rolls, or fancy breads such as braids. Batter breads (not kneaded) except white bread sponge method, may also be entered in this class. The entry should be 4 rolls, 3/4 of a loaf, or no larger than 8" x 10" if specially shaped. Include the recipe.

Delete Baked Yeast Rolls (plain), other exhibits the same.

**PHOTOGRAPHY** - many categories have been added or changed - check with the office for details.

**POSTER** categories - Promotion of 4-H (either generally, a project, or an activity), Health, Safety and Citizenship.

**WILDLIFE AND CONSERVATION** - some changes and major restructuring in this area, check with office for changes.

## District 4-H Leader Training 4-H Eggstravaganza

An "egg-citing" training is being planned for February 22nd in Omaha, February 26th in Seward County and February 27th in Tecumseh. The program will begin at 6 p.m. with an omelet supper. Workshops include:

### Titles


1. How the Three R's Fit into the Four-H's
2. If You Want It Done - Do It Yourself??
3. Buying the 13th Hour
4. If You've Got It - Flaunt It

### Descriptions

1. The importance of recognition, rewards and records in the development of 4-H youth
2. The art of delegating
3. Managing skills - planning, setting priorities, using checklists, etc.
4. Leader sharathon

Participants will be able to attend two workshops. A \$4 registration fee will be charged. Registration forms and brochures are available at the extension office. If you have questions, call Lorene.





**On-the-Grow**

Horticulture News  
& Recommendations

**Don Janssen**  
Extension Agent, Horticulture

## Iron Deficiency Symptoms of Tropical Foliage Plants

Horticulturists at Texas A&M University subjected eight foliage plant species to low-iron fertilizer over a period of four months. Weeping fig (*Ficus benjamina*) and Boston fern (*Nephrolepis exaltata* 'Bostoniensis') showed no effects due to iron deficiency. Norfolk Island pine (*Araucaria heterophylla*) and Madagascar island tree (*Dracaena marginata*) showed notable leaf chlorosis (yellowing) and reduced growth. Garden croton (*Codiaeum variegatum* var. *pictum*), spotted dumb cane (*Dieffenbachia maculata* 'Camille'), pothos (*Epipremnum aureum*), and parlor ivy (*Philodendron scandens* subsp. *oxycardium*) showed some chlorosis and reduced growth.

# Master Gardeners

If you've called my office during the spring or summer you may have had the opportunity to speak to one of the many Master Gardeners that assist the Extension Office. What is a Master Gardener? A Master Gardener is a trained volunteer advisor of the University of Nebraska Cooperative Extension Service. The Master Gardener program provides participants with intensive education in horticulture and forestry principles.

Master Gardeners provide volunteer leadership and service to their community in gardening activities. This service includes helping answer telephone and office inquiries, helping with 4-H horticulture projects and workshops, assisting with phone calls on the "Backyard Farmer" television program, speaking engagements and gardening demonstrations.

Persons who would like to be come Master Gardeners must be willing to give at least 1 hour of volunteer service to the Cooperative Extension Service at the conclusion of the training sessions for each hour of training received. Class attendance is required. There are six day-long training sessions taught by extension agents, extension specialists and other qualified persons.

To enroll in Master Gardener training classes, call your County Cooperative Extension Service office and request an application form. Complete it and return to the extension office. Upon acceptance into a training session, you will be notified of the location and time that classes meet.

## Questions and Answers

**Q. What is the advantages of using fluorescent tubes instead of regular light bulbs to supplement natural light for plants in the winter?**

**A.** A big advantage of fluorescent lights is that they are more efficient — that is, they give off much more light for the wattage they use than incandescent bulbs do. It would take three to five 40-watt incandescent bulbs to get the same amount of light that one 40-watt fluorescent tube provides. This difference in efficiency is due largely to the fact that much of the electrical energy that goes into incandescent bulbs is given off as heat instead of light. That heat is another disadvantage of incandescent bulbs — it can damage plant tissues.

If your primary concern is how the plants will grow in the light you give them, fluorescent tubes are the only choice. Plants simply respond better to fluorescents. Under incandescent lights, foliage tends to be pale and stems excessively long. Growth under fluorescent lights tends to be more compact, and flowering occurs over a long period of time.

For best results, use a combination of cool white and warm white or day-light fluorescent tubes, especially if you're growing plants under 100 percent artificial light. If some natural light is available, cool white bulbs (which are generally easier to find) are OK.

**Q. The avocado plant I started from a pit last winter grew great all summer, but since about November, it's been going steadily downhill. Most of the leaves have fallen off, except for a handful at the very top, and the ones that are left seem to be drying up. What's the problem?**

**A.** It sounds as if your avocado is suffering from a deficiency of light and humidity. An avocado needs high levels of both to thrive, but indoors in the winter, both tend to be in short supply. If you can, move the plant to a spot where it will be exposed to moisture air and high light. If you want, try cutting the plant off at the base. It may send out a new shoot. Don't be surprised, however, if the plant doesn't recover. It might be a good idea to start another plant and discard the ailing one.

# Flowering Plants for Valentine's Day

A Valentine's Day gift of cut flowers is lively but short-lived. A longer lasting gift is a potted flowering plant.

A wide variety of flowering plants is available today. Producers and retailers are getting away from some limiting traditions, such as offering cyclamen only at Christmas, so gift givers can choose from a colorful array of flowering plants.

If you know where your valentine is likely to place a gift plant, you can even choose one tailored to the growing conditions there.

Average indoor temperatures (with minimum night temperatures no lower than 50-55 degrees F), bright diffused light or full sun, and regular watering to keep soil moist but not soggy are the prescription for success with such flowering plants as amaryllis and potted chrysanthemums. Azaleas will also do well under these conditions as long as they are not exposed to direct sunlight. Cyclamen, too, prefers diffused light and benefits from exposure to relatively humid air and night temperatures toward the cool end of the preferred temperature range. Kalanchoe,

on the other hand, prefers direct sun and tolerates conditions a little on the dry side. Soil should be allowed to dry out between waterings.

Somewhat warmer temperatures (night minimum in the low 60's), bright, diffused light in spring and summer and direct sun in fall and winter, and soil kept uniformly moist but not soaking wet are ideal conditions for holiday cacti and ornamental peppers. If indirect light or partial shade is all that's available, gloxinia would be a better choice.

A cool climate, with night temperatures into the 40's, will lengthen the blooming period for calceolaria and cineraria. During the day, place them where they'll receive bright, indirect light but no full sun. Water cineraria so the soil stays uniformly moist but not soaking wet, but allow calceolaria's soil to dry somewhat between waterings.

Cineraria and calceolaria are usually discarded after they finish flowering. Many other flowering potted plants can be kept and reflowered. If care instructions that come with plants don't give directions for care after flowering, consult your local garden center or greenhouse operator.



**Garden Etc. Staff** (left to right): Don Janssen, extension agent, horticulture, Fred Baxendale, extension entomologist, Susan Kuhlman, extension communications associate, John Fetch, extension agent, horticulture, and Don Steinnegger, extension horticulturist.

## Gardening Etc. on Local Cable TV

Timely and important subjects about gardening and your landscape will be addressed on the new cable television program "Gardening Etc.". Each Friday, starting at 7 p.m. February 2, KUON-TV Channel 5, a different gardening subject will be explored by Don Steinnegger, extension horticulturist; Fred Baxendale, extension entomologist; Don Janssen, extension agent-horticulture and John Feh, extension agent-horticulture.

Scheduled programs include Rejuvenating Holiday Plants, House Plant Management, Pest Management in the Yard and Garden, Pruning Fruit Trees and Early

Garden Preparation. Each subject will be investigated from the viewpoint of a horticulturist, entomologist, plant pathologist and weed or turf specialist. You'll have the rare opportunity to observe a horticultural subject from several viewpoints at the same time. Mark your calendar today.



Turn to page 6  
for more  
horticulture  
news...

## Collect Grafting Wood Now

Now is the time of year in Nebraska to collect your bud and graftwood for spring grafting and budding. You may choose to collect wood from your favorite tree, or you could collect from a reliable tree that a neighbor has and propagate this cultivar on to one of your own trees. Grafting may dramatically improve the quality and quantity of production from you own nut or fruit trees.

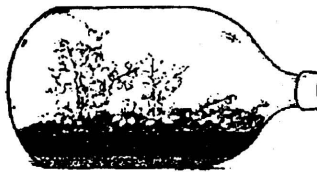
Successful propagation of fruit, nut and ornamental trees is dependent on the availability of suitable graftwood of the desired cultivar (variety). The best place to look for graftwood is in your local area to insure hardiness. For example, collecting graftwood from a pecan tree in Texas to propagate in Nebraska will probably not be successful.

Graftwood must be collected in late winter during the dormant season (January, February and early March) and stored until

spring propagation time. Select parent trees that are free of disease or damage. Young, vigorous trees produce the most desirable graftwood. Select straight, smooth graftwood from the current year's growth that contains healthy buds. Graftwood should be about the same diameter as a pencil. Cut the graftwood into 12-18 inch lengths. Be careful not to damage buds in handling or storage.

Graftwood should be labeled and stored until spring grafting time. The ends of graftwood should be dipped or painted with melted wax or paraffin to prevent excessive drying. Pack the graftwood in moist media (sphagnum, moist paper towel or newspaper). Polyethylene (freezer) bags make excellent storage containers. Keep graftwood in your refrigerator (not the freezer) until ready to use.

Next spring you'll be able to graft your superior collection onto your own tree.



## Terrarium Problems

Terrariums aren't as maintenance-free as some people think. Plants tend to out-grow their containers, soil gets depleted of nutrients, mold grows on the soil and the container, and plants do die. Continued bad luck with a terrarium suggests that the problem is likely to be either overwatering, exposure to direct sun or poor choice of plants. Even in a well-put-together terrarium, there isn't much chance for excess water to get away. In a closed container, it can't even escape by evaporating.

A rule of thumb is that if there's water vapor on the inside of the container, the terrarium needs drying out, not watering. open it up so some of the moisture can escape, and don't water again until the soil is dry.

Also avoid placing the terrarium where it will be hit by direct sun. A glass container gets very hot inside

(continued on page 6)

Nebraska Fruit and Vegetable Growers Conference	
February 23, 1990	
8:30 - 9 a.m.	Welcoming Remarks, Stan Garbacz, State Department of Agriculture
9 - 10 a.m.	Organic Vegetable Production, Chuck Maar, Kansas State University
10 - 10:30 a.m.	You're On Your Own! (labor saving devices), Mark Wells, Nebraska Grower
10:30 - 11 a.m.	Break - time to check out the exhibits
11 - noon	Production and Retasil Marketing Strategies, Pat Ross, Kansas Grower
noon - 1:30 p.m.	Lunch
1:30 - 2:30 p.m.	Organic and Non-organic Control of Insects, Fred Baxendale, Extension Entomologist, UN-L
2:30 - 3 p.m.	Break - an opportunity to talk with our exhibitors.
3 - 4 p.m.	Future Demands of the Flower Industry in Nebraska, Dave Lambe, Instructor, UN-L
4 - 5 p.m.	Pumpkin Diseases and Corn Earworm, Chuck Maar, Kansas State University

# Don't Let Food Poisoning Cramp Your Style

Today's meal patterns might often be classified as "Chase and Grabbit" according to a survey conducted by Pillsbury Company's Consumer Center. In the hurry to keep up with what's happening, it's easy to overlook basic food safety procedures. And, who wants to be slowed down by food poisoning. Take this mini-quiz and see how you score on food safety.


**Test Your Food Safety IQ**  
Circle whether each of the following questions is true or false.

1. Some 2 million Americans are struck by food poisoning each year.  
True    False
2. You can take a small taste to decide whether to use food that looks or smells strange.  
True    False
3. Food poisoning bacteria multiply rapidly at ordinary room temperatures.  
True    False
4. Hamburger is less likely to contain food poisoning bacteria than most fresh meat and poultry because the grinding destroys them.  
True    False
5. Because room temperature speeds things up, the kitchen counter is better than the refrigerator for thawing and marinating meat and poultry.  
True    False

- Answers**  
1. **True.** Of these 2 million cases of food poisoning, most occur in the home and are due to improper handling of food.
2. **False.**
3. **True.** If you need to delay serving cooked food, you have to keep it at holding temperature — roughly 140 to 165 degrees F. — to prevent bacterial growth. Refrigerate foods at 40 degrees F. or lower to slow growth of bacteria. Never leave food out over 2 hours!
4. **False.** Hamburger receives more handling than many other meats. The beef is butchered and then ground. Trimmings from more expensive cuts and small amounts of fat may be added to the mixture for moisture and flavor. Hamburger is thus exposed to many of the common food poisoners and can give you trouble if you eat it raw or rare. For complete safety, make sure hamburger is brown or at least brownish pink in the center before you serve it.
5. **False.** Bacteria can multiply rapidly at room temperature. The safest way to thaw meat and poultry is to take it out of the freezer and leave it overnight in the refrigerator. Normally, it will be ready for use the next day.
- For faster thawing, put the frozen package in a watertight plastic bag under cold water. Change the water often. The cold water temperature slows bacteria that might grow in the outer, thawed portions of the meat while the inner areas are still thawing.
- If you have a microwave oven, you can safely thaw meat and poultry in it. Follow the manufacturer's directions.

Home Extension  
News

Alice Henneman,  
Twyla Lidolph,  
Esther Wyant  
Extension Agents,  
Home Economics



## Spring Workshops

Here is a list of workshops and meetings being offered through the University of Nebraska Cooperative Extension in Lancaster County.

**Suit Yourself** will be offered on February 20, 1 to 3 or 7 to 9 p.m. This program for men helps identify styles and fashions for the man's build. The cost for this workshop is \$10 and includes a workbook.

**Sewing Tips** will be given on Thursday, February 22, 1 to 3 or 7 to 9. Participants will have an opportunity to learn about notions, construction methods and time saving techniques. The cost for the workshop will be \$3. Twyla Lidolph, extension agent-home economics, will teach this class. Please bring basic sewing tools.

Watch for an exciting series of workshops April 3 and 5. Topics include laundry practices, refinishing furniture, wallpapering, serger workshop (hands on workshop), Easter ideas, and others. Mark the dates on your calendar now.

**Getting to the Heart of Cholesterol and Kids Class**  
Learn the latest information about cholesterol concerns for children from a physician and a dietitian. Attend a free public seminar, "Getting to the Heart of Cholesterol and Kids," Thursday, February 15, 7 - 8:30 p.m. This presentation is co-sponsored by the Nutrition Committee of the American Heart Association - Lincoln Division, the Lincoln Dietetic Association and Cooperative Extension.

James Guest, M.D., a pediatrician with the Lincoln Clinic, will discuss desirable cholesterol levels for children, age guidelines for testing, children at greatest risk of heart disease and recommended treatment.

Jo Taylor, a registered dietitian, will share her professional expertise as well as her personal experience in planning heart healthy meals for children — her children have a genetic tendency toward high blood cholesterol.

Preregistration is required: call the extension office by Tuesday, February 13 (471-7180).

# Good and Bad Blood Cholesterol

Bob had a high blood cholesterol level but his doctor told him not to worry. It seemed his cholesterol was mostly the "good" type.

So, what's the difference. It has to do with substances referred to as "LDLs" and "HDLs." Here's what the National Cholesterol Education Program has to say about the subject.

Cholesterol travels in the blood in packages called lipoproteins. All lipoproteins are formed in the liver and carry cholesterol through the body.

Blood cholesterol packaged in low density lipoproteins (LDLs) is transported from the liver to other parts of the body where it can be used. LDLs carry most of the cholesterol in the blood, and if not removed from the blood, cholesterol and fat can build up in the arteries contributing to atherosclerosis. This is why LDL-cholesterol is often called "bad cholesterol."

Cholesterol is also packaged in high density lipoproteins (HDLs). HDLs carry cholesterol back to the liver for processing or removal

from the body. HDLs, therefore, help remove cholesterol from the blood, preventing the accumulation of cholesterol in the walls of the arteries. Thus, they are often referred to as "good cholesterol."

If your total cholesterol level is either in the "high" category (240 and above) or the "borderline high" category (200-239) and you have coronary heart disease or two other risk factors for coronary heart disease, your doctor will want a more complete "cholesterol profile" that includes LDL-cholesterol, HDL-cholesterol levels, and triglyceride levels. This information will then be used to determine whether your cholesterol level is dangerously high.

A low fat diet, especially low saturated fat, will help keep your blood cholesterol low. In fact, some research shows that limiting fat may be four times as effective as limiting dietary cholesterol in lowering blood cholesterol. For a free pamphlet on "Calories, Fat, and Cholesterol in Your Food," send a self-addressed, stamped envelope to: Cholesterol, c/o Alice Henneman, Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Road, Lincoln, NE 68528.

## Elegant Chocolate Roll

Treat your Valentine Sweetheart to this Elegant Chocolate Roll filled with Marshmallow Filling. We think it is wonderful!

### Elegant Chocolate Roll

- 1 cup cake flour
- 1/2 cup cocoa
- 1 cup sugar
- 1/2 teaspoon baking powder
- 6 eggs, separated
- 1 teaspoon cream of tartar
- 1/2 cup sugar
- 1/2 teaspoon salt
- 1/4 cup cold water
- 1 teaspoon vanilla

Sift and measure flour. Add cocoa, 1 cup of sugar and baking powder and sift again. Beat egg whites to foam, add cream of tartar and continue beating until soft peaks form. Gradually add 1/2 cup sugar, salt and beat until stiff. Combine egg yolks, water, vanilla and beat until light lemon colored. Gently add yolks to the beaten egg whites and add sifted flour mixture. Spread batter into a greased and lightly floured jelly roll pan. Bake at 375 degrees for 12-15 minutes or until done. Immediately loosen sides and turn out on towel sprinkled with sifted powdered sugar. Roll chocolate roll and towel together and allow to cool.

### Marshmallow Filling

- 3/4 cup sugar
- 1/2 teaspoon cream of tartar
- 1/4 cup water
- 12 large marshmallows
- 2 egg whites, beaten
- Vanilla or your choice of flavor or color

Combine sugar, cream of tartar, and water. Cook over low heat until the sugar is dissolved and continue cooking on medium heat until it spins a thread (about 238-240 degrees F.). Meanwhile, beat 2 egg whites until stiff but not dry. Add 12 regular sized marshmallows to the sugar syrup and stir until marshmallows are melted. Pour sugar syrup over the beaten egg whites and continue beating until spreading consistency. Unroll the chocolate roll, spread with filling, and reroll. Filling may be tinted and flavored as desired.

## Healthy Wholesome Salads Class

How vegetables help reduce the risk of cancer and heart disease will be the topic of a class on Wednesday, February 14, 7 - 8:30 p.m.

Susan Williams, home economist and extension agent, will lead the class titled "Healthy Wholesome Salads." Several salad ideas will be presented and available for tasting. Participants will also study the fats in salad dressing and receive tips for "heart healthy" salad toppings. The discussion will include deli salads and eating out.

Register by calling Cooperative Extension at 471-7180. The cost for the workshop and materials is \$4.

Turn to page  
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home  
extension  
news ...

## Home Extension Club Lesson for March Financial Counseling: What, Who, Why, When and Where

Confused by claims offering financial counseling? Just what is legitimate financial counseling and how can you recognize it? Why do people need financial counseling? Who needs it and when? Where can you find a legitimate financial counselor when you need one?

Answers to these questions are offered by the Cooperative Extension in Lancaster County in a new program, "Financial Counseling: What, Who, When, and Where." Training for lesson leaders of extension clubs and other interested groups will be held Tuesday, February 27, 1 to 2:30 or 7 to 8:30 p.m.

Call the extension office, 471-7180, for more information.

## Home Extension Club Notes

The Apple Corps Home Extension Club learned how to barbecue a turkey on an outdoor grill! The September "couples" meeting at the home of Chick and Betty Bartlett was deliciously successful. Club members and guests provided salads and desserts to complete the meal of turkey, and trimmings. The Bartletts shared their secrets of entertaining and barbecuing skills. Food, fun and friendship combined!

# Listen With Your Heart

- As parents, we often tell ourselves "I really ought to listen more to my teenager." But do we?
- Average parents listen far below their potential. There is really value in listening. The teen is inviting us to share in the frustrations and joys of his life. Until we recognize this, we will continue to listen (or not listen) the way we always have.
- Try these suggestions for improving listening skills:
- Control your emotions.** This can be difficult, particularly when your teenager is being highly emotional. Emotions can distort the understanding we are trying to achieve by listening.
- Be patient.** Do not interrupt — be courteous. Give your teen time to say what he wants to say.
- Ask questions of clarification only — what, when, where, and how.** Do not ask why, as this only creates defensiveness in the other person.
- Empathize.** Try to put yourself in your teenager's shoes. Try to see it from his point of view.
- Don't make hasty judgments.** Don't assume that your understanding of a word or phrase is the same as your teen's. Don't imply that he is distorting the meaning of something; that he is lying, putting you on; or that he is trying to win you over to his point of view.
- Look at your teen in a quiet manner.** Listen to the words and ideas and feelings related to the message. Avoid arguing mentally; trying to marshal retaliatory arguments sets up a barrier between you.
- Effective listening, like positive relationship building, takes time.** This time must be given when it is asked for — tomorrow your teen may not ask again.
- For more information on this topic, please request a copy of HEG84-191, **Listening - With Your Heart As Well As Your Ears.**



# House Sparrows



The house sparrow, also known as the English sparrow is one of the least popular birds among farm folks and urban dwellers alike. The house sparrow is found in nearly every habitat except heavy forest, high mountains and the open desert. They feed on and contaminate grain and other storages used for both animal and human consumption. They are a factor in the spreading of several diseases, parasites and insect pests.

House sparrows always live near humans and depend on people to provide their food and shelter. Sparrows use buildings such as barns and machine sheds for winter shelter and for warm-weather nesting. These birds prefer to feed on a diet of grain, fruits, seeds and garden plants. In urban areas, they feed on garbage, refuse and share bird feeders. They usually are a nuisance when their numbers become excessively high. Removing some of this shelter and food helps control house sparrow problems.

Excluding sparrows from buildings is a permanent solution to problems inside structures. As long as the access points remain closed, there will be no more decorated garden tools or messy tractor seats. Use materials such as wire mesh, screen and wood or sheet metal to close up all openings big enough to see through. If they can't be kept out of a building, make them unwelcome inside by covering all perching and nest building areas. This can be done with netting or by closing in around rafters. Recent studies in sparrow control show that nylon fish line strung at intervals in roosting areas seems to frighten sparrows away.

## Reduce Gray Mold on Strawberries by Removing Leaves

Gray mold, due to *Botrytis cinerea*, overwinters mainly on dead strawberry leaves. If the leaves were removed at harvest time, perhaps gray mold epidemics the following year could be prevented. This hypothesis was tested recently in Ontario, where the effects of mechanical and hand harvesting on gray mold were examined. The mechanical harvester used a sickle bar to clip foliage close to the ground, and the cut leaves were raked up and removed; no leaves were removed from hand-harvested plots. Mechanical harvesting significantly reduced the incidence of gray mold on fruits in June of the following year.

Of course, you don't need a mechanical harvester to help control gray mold. You can harvest by hand, then mow and remove the foliage. If gray mold has gotten out of hand in your strawberry beds, foliage removal can supplement chemical controls.

# New Record Tomato Yield

Soil physicist Claude J. Phene, who works for the U.S. Department of Agriculture in Fresno, California, has used underground drip lines to irrigate and fertilize tomato plants yielding 200,000 pounds per acre (4600 pounds per 1000 square feet). If the plants were spaced three feet apart, for a population of nearly 5000 plants per acre (about 115 plants per

1000 square feet), then the average field per plant was about 40 pounds — not extraordinarily high by home garden standards, but nearly four times the average yield for commercially grown irrigated tomatoes in California, and yield 25% higher than the previous record yield for field-grown irrigated tomatoes in California.

Phene credits the new record to his computer-controlled "fertigation" system, which supplied water and nutrients very precisely and uniformly, based on crop needs. There's no mention in the reference of which cultivar was used.



## Are you a "put-er off-er"?

Here are a few tips to help you overcome **PROCRASTINATION.**

- Always allow more time for completing a project than you think it will take.
- Set realistic goals, but don't set them in stone. Stay flexible.
- Break down big and intimidating projects into smaller, more do-able ones.
- Reward yourself after each accomplishment, large or small.
- Make a conscious effort to realize that your project can't be perfect.
- Develop a "backwards schedule". Start with the things you most enjoy doing, the things you usually save for last and then don't get around to. Then add the things you're supposed to do. Plan to have fun without feeling guilty about it.
- Begin your day with the most difficult task, or the one you enjoy least. The rest of the day will seem easy by comparison.
- Keep a diary of your progress — the things you accomplish each day. Read it over occasionally and feel proud of what you've done.
- Remove distractions from your workplace. Keep food, TV, games, magazines and other temptations out of your way.
- Keep a list of backup projects — things you mean to do when you have time. Once you've used the rest of these tips, you will have time to do them, and you'll be using your time productively.

Other control measures include destroying nests during nesting time and trapping adult sparrows. Trapping sparrows is usually only successful during late winter when natural food supplies are low and they depend even more on human hand-outs. Repellents and scare devices are not successful and poison baits are not recommended. House sparrow control usually requires an integrated approach using a combination of techniques; but, timely control efforts can keep house sparrow problems in check.

## Retirement Goals...

which will help outdistance the inflation/tax crunch on your savings. We will talk about some of these at the seminar, in everyday, non-technical language.

Many people look forward to retirement and expect to maintain a similar, or better, standard of living after retirement. While surveys indicate that there is a serious concern about retirement for the great majority, they also reflect a surprising lack of adequate preparation or planning for it. To make matters worse, the vehicles many people use to save for their retirement, such as passbook savings accounts, are ill-suited to match inflation or to offset soaring health costs.

Whether you're age 23, 43 or 63, retirement planning should be a part of your personal financial plan. Because most retired people live on a fixed income, it's crucial to address your financial needs and responsibilities long before you actually stop working.

# Income Tax Withholding for Ag Employees

Congress recently passed legislation which requires farmers to withhold federal income tax from cash wages and salaries paid to agricultural employees.

Under current law, agricultural workers are not subject to income tax withholding. After December 31, 1989, wages paid to farm workers will generally be subject to income tax withholding if the cash wages earned by the agricultural workers are subject to FICA (Social Security) withholding. FICA with-

holding applies generally if the worker earns more than \$150 or the employer pays \$2,500 to all agricultural workers. Wages paid to family members under 18 years of age are exempt from FICA withholding. Wages paid to the spouse employed on the family farm and children 18 and over are subject to FICA and are therefore subject to withholding requirements.

This new law requires farmers to have their agricultural employees who

are subject to the withholding rules fill out W-4 forms prior to the first pay period in January.

Farmers will also be required to make deposits of the withheld tax to the IRS on a prescribed schedule. The exact timing or schedule for making the deposits depends on the amount of FICA (Social Security) and federal income tax being withheld. The amount annually will be reported on the employee's W-2 form and form 943.

# Soil Appreciation

We all depend on soil for our food. As the world's population grows, the amount of soil capable of supporting each person is reduced, making it essential that we use the diminishing per capita soil supply wisely. How much soil do we have to work with?

Cut an apple into quarters. Take away three of the quarters, which represent ocean areas, leaving one quarter of land areas.

Cut the "land" quarter in half, and take away one of the halves, representing areas which are unsuitable for human habitation.

Cut the remaining eighth of the apple into four equal parts. Three of these parts represent areas unsuitable for growing crops, either because of poor weather or soils, or because of development for other uses; take them away, leaving one-thirty-second of the apple.

Peel the remaining piece. The tiny piece of peel represents the soil upon which we all depend for food.

## Terrarium...

when the sun shines through it. Plants subjected to high heat in the humid atmosphere wilt and die. The plants need light to grow, of course. Place the container where it will get indirect sunlight or bright artificial light rather than direct sun.

The plants you put into the terrarium may also be the problem. Plants that need humid air do very nicely in terrariums. In fact, that may be the only way to grow some of them in the home. Plants that prefer dry conditions will not thrive in a terrarium. The moist soil and humid air will combine to do them in.

# Wise Words About Marriage

Someone has said that more marriages are being destroyed by slow leaks than by blowouts.

Marriage counselors point out that the element of marital difficulties they face repeatedly is neglect of the relationship. The problem that could have begun as a series of small occurrences, developed into a crisis situation. Their marriage floundered because of lack of attention.

Take a few moments to do a personal emotional investment analysis.

How much of your emotional energy goes into keeping your marriage enjoyable and exciting? What have you done in the past week or month to cultivate the warmth of your marriage? Focus on how much you are contributing to nurturing your relationship. How does this amount of investment compare to the time spent on other elements of your life, such as job, children, education, church activities and others.

Touching is a means of showing delight in the total being of another person. We can nurture our spouse by letting a touch show the joy we feel in his or her presence.

The same hug that is irreplaceable after a long time apart is just as welcome any time of the day. It can say: "I am glad we are together. You are a delight to be near."

## Tofu

Tofu (a Japanese word pronounced toe-foo) is pressed soybean curd. It is a versatile, highly nutritious food. It is low in calories, has no cholesterol and contains B complex vitamins. It is available in the produce section of most grocery stores and generally is packaged in 10 to 16 ounce "cakes".

A handout featuring Tofu and Recipes Using Tofu is available by sending a stamped (25 cent stamp) self addressed envelope to Tofu, Cooperative Extension in Lancaster County, 444 Cherrycreek Road, Lincoln, NE 68528.



## Private Applicator Pesticide Training Farm Program Briefing

Private applicators are those who use or supervise the use of any restricted use pesticide for producing agricultural commodities on property they own or rent. This includes farmers, gardeners, Christmas tree growers and hired farm laborers.

Producers wishing to apply restricted use pesticides must possess a federally issued applicators permit. If your card is dated 1990 or earlier you must have it renewed this year. Applicators are strongly encouraged to attend a training session regardless of the type of pesticides they use. Final training sessions for **INITIAL** and **RE-CERTIFICATION** will be held at the sites listed. The training is free of charge. A Farm Program briefing will be held beginning at 9:30 a.m.

preceding each private applicators training session.

The February 7 training session will be held from 1 - 4 p.m. in Waverly at the Lancaster County Bank basement. The February 24 training session will be held from 1 - 4 p.m. at the Extension Conference Center.

# Recycling Facts

## Can it be that . . .

- Each recycled aluminum can saves the equivalent of one cup of gasoline?
- Every recycled aluminum can saves enough energy to burn a 100 watt lightbulb for 3.5 hours?
- Every year Americans throw away enough aluminum cans to rebuild the entire American Airlines fleet 71 times?
- Each ton of recycled high-grade paper used for paper making can heat an estimated 5 million homes for 200 years?
- Recycling a single printing of the Sunday edition of the New York Times could leave 75,000 trees standing?
- We throw away enough aluminum to rebuild all the commercial airplanes in our country every 3 months?

• Recycled paper reduces the air pollution involved in the paper making process by about 95 percent?

• Each ton of paper made from recycled wood pulp saves about 17 trees, 42,000 kilowatts of electricity, and 7,000 gallons of water?

• Two aluminum cans thrown away is a waste of more energy than is used daily by each of a billion people in poorer lands?

• Americans will earn about \$700 million this year by recycling used aluminum beverage cans.

**Source:** ENERGY UPDATE, Tennessee Energy Education Network, a program of the Tennessee Department of Economic & Community Development, Energy Division.



## Work And Leisure

Work and leisure go together—at least, they derive much of their meaning in relation to each other. Leisure is time when we are “freed up” from the demands of work and duty. It's times of “unhurried ease.” Sound alien to your life and schedule? A recent book on leisure, *Work Without End* claims that Americans no longer value leisure because work itself provides the meaning for our lives. In fact, the author claims that the only unforgivable sin is not being serious about one's work!

Such statements may overstate the case to some extent. Yet in spite of all your labor-saving devices, from dishwashers to word processors, you may spend just as much time working as ever before. The ever-present demands of work remain—unless you take action to create some “freed-up” time. And the vitality of your significant relationships suffers unless each of you attend to your need for freed-up time together.

This exercise is designed to look at leisure and to explore how “freed-up” time might benefit your relationship with others.

1. What comes to mind when you think of leisure? What activities, places, or circumstances?
2. What do you enjoy when you have leisure time?
3. What has to happen for you to feel “freed-up” from demands of work and other responsibilities? Do you have to get away from home? From the telephone?
4. Recall times you have spent with a significant other when both of you were able to feel the refreshment of being away from duties and responsibilities. Maybe a vacation—or a shorter time carved out of a weekend or a day. Talk together about your memories of this time.
5. What barriers prevent your having more of this type of leisure? Together, talk about ways you can help each other maintain a balance of work and leisure. Decide on a specific step each of you can take to help you gain more balance.



New Extension board members installed (from left to right): Randall Gustafson, Gerald Halling and president David Doeschot.

## Balancing Work And Parenthood

The media's favorite martyr these days is the working mother, a chronically weary bundle of conflicts who agonizes about the quality of her child care arrangements while forlornly presiding over a career that seems to be losing steam.

While no mother who works outside the home would deny that exhaustion and logistical hassles are part and parcel of her daily life, more and more women (and a small but growing number of men) are quietly finding ways to minimize the conflict between their roles as parents and employees. They reevaluate their goals, deciding where they want to spend what seems to be an ever-shrinking pool of time. They stick by their priorities, negotiating with employers, caregivers, and spouses for the help they need. Most important, they work hard to strike a delicate balance between meeting the needs of their children and the demands of a career. Here are some strategies for gathering information about the work/baby dilemma:

Part-time work is an option that appeals to an increasing number of women—the Bureau of Labor Statistics reports a 31 percent jump in the number of female

part-timers from 1976 to 1986. Working part-time is a viable alternative for a wide variety of positions—from waitress to attorney, graphic artist to factory worker, teacher to accountant—although some employers seem to offer it only to people they perceive as exceptionally valuable, and often insist it won't work for employees with management responsibilities.

Flextime allows employees to set their own hours and lets parents take advantage of the fact that they often rise earlier in the morning than other people.



While many companies just permit employees to tinker with their start and stop times—they can work from 8:00 a.m. to 4:30 p.m., for example, instead of the firm's standard 9:00 to 5:30—some tolerate open schedules that allow workers to set hours on an ad hoc basis. Middle ground may be to keep flextime an option available for a child's illness or other unexpected

emergency. Job-sharing, splitting a full-time position between two or more employees, seems to work most smoothly in factory, clerical, and other jobs that can be neatly divided into hours or distinct tasks. Professional assignments that demand complete continuity or close interaction between job-sharing partners can be tricky to work out.

Telecommuting is a promising but not yet perfected solution for workers with writing, computing, word-processing, and number-crunching jobs. Armed with such technological niceties as telephones, FAX machines, and personal computers linked to their offices' systems, more than five million employees now work at home at least part of the week.

Creating this kind of life can be as sticky as working a jigsaw puzzle covered with peanut butter. But it can be done if both parents really fine-tune their life.

Regular exercise is one of those things we all know is good for us. It relieves tension, helps reduce stress and keeps us on an even keel. The trouble is, finding the time to do it. This is true for youngsters, too. Only 36 percent of students in grades K-12 have daily physical education, and some schools have no gym classes at all. According to Physical Fitness and Sports, a majority of American kids don't measure up to national standard for the “average, healthy youngster” and nearly a third suffer from high cholesterol, high blood pressure or obesity.

Jogging, walking, working out at a gym and going to an exercise class are activities we all can do individually. But another good way of staying fit is to exercise together as a family. Activities need not be formal, elaborate or costly. They can be as simple as playing catch in the backyard, taking walks with the kids and the dog, or shooting some baskets together after dinner.

## Making Time For Fitness: Alone Or With The Family

## Common Fears: Will It Happen To Me?

Fires. School shootings. Children kidnapped. As youngsters listen to the nightly news, or to their parents' conversations, they are likely to fear for their own safety. “Parents cannot assume that young children are naive about today's society,” says Lenore Terr, MD, a professor of clinical psychology at the University of California in San Francisco.

Here are some common ways children show signs of fear that you may not recognize as a reaction to

hearing about troublesome events, according to Dr. Terr. Your child may:

-Make unusual comments, such as “My bedroom feels hot” or “This bath is burning me!” after a neighborhood fire.

-Voice concerns about the future, such as “I don't want to have any kids of my own, because it's too hard to keep them safe.”

-Enact repetitive fantasy play, assuming the role of the victim or perpetrator of

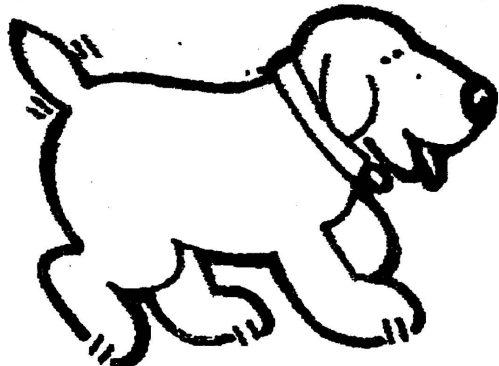
a recently reported crime.

-Experience disturbances during sleep, such as night wanderings or repeated bad dreams.

-When your preschooler is exposed to news of terror-filled events, talk to him about what he's heard. “The best approach is to assume that a child knows and is concerned,” Dr. Terr advises parents. You can reassure your child by telling her that these events are very rare. You can also reassure your child by let-

ting him know you are listening: “I've felt your bath water, and it's the same temperature it always is. I think you're feeling scared about what happened to Jimmy's house.”

**Source:** Working Mother, September 1989



## What Pets Teach Your Child

“Mommy, can we keep him? Please?” Can you say no to your pleading four-year-old as she nuzzles the fur of a soft gray kitten? If you grant your child's wish, you've probably made the right decision, says Gladys F. Blue, PhD, associate professor of early-childhood education, North Carolina Agricultural and Technical State University in Greensboro.

Kids benefit in many ways from having a pet:

-Children become sensitive to the needs of another. “Mom, Sparky has to go out.” “Frisky looks hungry.” “I think Spot would like some of this chicken.”

-Pets give unconditional love, and plenty of chances for warmth and play.

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# What Pets Teach Your Child

-Caring for a pet introduces children to a routine of daily responsibility. "Every night before dinner, my job is to give Gato one scoop of food and some fresh water."

-Children learn about the cycle of life by watching their pets grow up. "Pajamas eats hard dog food now." "Prince doesn't run as fast as he used to."

-Children discover the common needs of living things. "Whiskers has to have food and water, just like Patricia's dog."

"Preschoolers need companion animals that can be easily held and cuddled; such as dogs, cats and gerbils," recommends Dr. Blue. Some pets such as turtles and fish are easier to care for but offer less opportunity for touch and interactive play.

Dr. Blue acknowledges, however, that there is no way for a preschooler to be completely responsible for a dog or cat. Parents must take an active role, and show the child how to be gentle, play appropriately and care for a pet.

Source: Working Mother, September 1989.



The Nebline is edited by Mark D. Hendricks, Extension Assistant, Media, and published monthly by the University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Road, Lincoln, Nebraska, 68528. For more information, contact Mark Hendricks at (402) 471-7180.

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# Extension Calendar

All programs and events will be held at the University of Nebraska Cooperative Extension in Lancaster County unless otherwise noted.

## February

1	Kaleidoscope Magic Applications due	
3	Horse VIPS Committee	9:30 a.m.
5	Wildlife Management Workshop	7 to 9 p.m.
5	Livestock Booster Club	7:30 p.m.
6	Crop Focus '90, Ashland-VFW	9 a.m. to 3:30 p.m.
6	Facing Our Future (part 4)	7 to 9 p.m.
6	4-H Council	7:30 p.m.
7	New 4-H Leader Orientation - Part 1	9:30 a.m. or 7 p.m.
7	Farm Program Briefing, Waverly-Lancaster County Bank	9:30 a.m. to noon
7	Private Applicators Pesticide Trg., Waverly-Lancaster Co. Bank	1 to 4 p.m.
8	District 4-H Leader Training	9:45 a.m. or 6:45 p.m.
8	Farm Management Series (Part I), Ceresco-Village Hall	1 to 4 p.m.
9-11	Kaleidoscope Magic Camp	
10	Officer Training	9:30 a.m.
11	Teen Council	2:30 p.m.
12	4-H Computer Club	7:15 p.m.
12	Retirement Planning	7:30 p.m.
13	Commercial Applicators Pesticide Training (Initial)	8 a.m. to 4 p.m.
13	Facing Our Future (part 5)	7 to 9 p.m.
14	4-H Speech Workshop	7 p.m.
14	Healthy Wholesome Salads	7 to 8:30 p.m.
15	Farm Management Series (Part II), Ceresco-Village Hall	1 to 4 p.m.
15	Getting to the Heart of Cholesterol & Kids	7 to 8:30 p.m.
15	Fairboard	7:30 p.m.
16	National Alfalfa Symposium, Cornhusker Hotel	1 to 5 p.m.
17	National Alfalfa Symposium, Cornhusker Hotel	8 a.m. to 5 p.m.
17	Market Beef Weigh Day	9 a.m. to noon
20	Area Conservation Tillage Meeting, Firth-Community Center	8:15 a.m. to noon
20	Area Conservation Tillage Meeting, Gretna-Legion Hall	12:45 to 4 p.m.
20	Suit Yourself Workshop	1 to 3 or 7 to 9 p.m.
20	Facing Our Future (part 6)	7 to 9 p.m.
20	Metro 4-H Council Training, Papillion	
21	Area Conservation Tillage Meeting, Syracuse-First National Bank	12:45 to 4 p.m.
21	Microwave Cooking Class	1 to 3 p.m.
22	District Key Leader Training, Omaha	
22	Area Conservation Tillage Meeting, Ceresco-Village Hall	8 a.m. to noon
22	Farm Management Workshop (Part III), Ceresco-Village Hall	1 to 4 p.m.
22	Irrigation Short Course, Geneva	8 a.m. to 4 p.m.
22	Sewing Tips Workshop	1 or 7 p.m.
23	Area Conservation Tillage Meeting, Wilbur-Sokol Hall	9 a.m. to 3:30 p.m.
24	Farm Program Briefing	9:30 a.m. to noon
24	Private Applicators Pesticide Training	1 to 4 p.m.
26	District Key Leader Training, Seward	
27	District Key Leader Training, Auburn	
27	Home Extension Leader Training - Financial Counseling	1 or 7 p.m.
27	New 4-H Leader Orientation - Part 2	7 p.m.
28	Microwave Cooking Class	1 to 3 p.m.

## March

1	Microwave Cooking Class - Part I	1 or 7 p.m.
3	Party Pointers	10 a.m.-3 p.m.
6	4-H Council	7:30 p.m.
8	Microwave Cooking Class - Part II	1 or 7 p.m.
11	Teen Council	2:30 p.m.
12	4-H Computer Club Meeting	7:15 p.m.
15	4-H Camp Staff In Training Applications due	
15	Fairboard	7:30 p.m.
17	Horse VIPS Committee	9:30 a.m.
19	Water Problems in the Home	7 p.m.
19	Livestock Leader Update	7:30 p.m.
23	County Speech Contest	
23	Family Camp Registrations due	
31	District Speech Contest	8:30 a.m.
31	Kiwanis Karnival	